



## Community gardening: A parsimonious path to individual, community, and environmental resilience

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### Abstract:

The goal of this paper is to introduce community gardening as a promising method of furthering well-being and resilience on multiple levels: individual, social group, and natural environment. We examine empirical evidence for the benefits of gardening, and we advocate the development and testing of social ecological models of community resilience through examination of the impact of community gardens, especially in urban areas. The definition of community is extended beyond human social ties to include connections with other species and the earth itself, what Berry (1988) has called an Earth community. We discuss the potential contribution of an extensive network of community gardens to easing the global climate change crisis and address the role of community psychologists in community gardening research and policy-oriented action.

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### Resource Description

#### Exposure :

weather or climate related pathway by which climate change affects health

Food/Water Security, Unspecified Exposure, Unspecified Exposure

**Food/Water Security:** Nutritional Quality

#### Geographic Feature:

resource focuses on specific type of geography

Urban

#### Geographic Location:

resource focuses on specific location

Global or Unspecified

#### Health Co-Benefit/Co-Harm (Adaption/Mitigation):

specification of beneficial or harmful impacts to health resulting from efforts to reduce or cope with greenhouse gases

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## **Health Impact:**

specification of health effect or disease related to climate change exposure

Diabetes/Obesity, Mental Health/Stress, Other Health Impact

**Mental Health Effect/Stress:** Mood Disorder

**Other Health Impact:** Well-being

## **Mitigation/Adaptation:**

mitigation or adaptation strategy is a focus of resource

Mitigation

## **Resource Type:**

format or standard characteristic of resource

Research Article, Review

## **Resilience:**

capacity of an individual, community, or institution to dynamically and effectively respond or adapt to shifting climate impact circumstances while continuing to function

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## **Timescale:**

time period studied

Time Scale Unspecified